

**ABSTRACT**

Method to selectively place desired stuffing into food items such as tenderloins, fish fillet, chicken breast or other food items, which are deemed stuffable. Said method utilizes the following components consisting of at least but not limited to a substantially flat rollable sheet that is of the desired length, width and thickness, a push rod of desired length and diameter. Said method utilizes said components in an efficient process that allows a chef to enhance foods flavor, appearance and nutritional value.